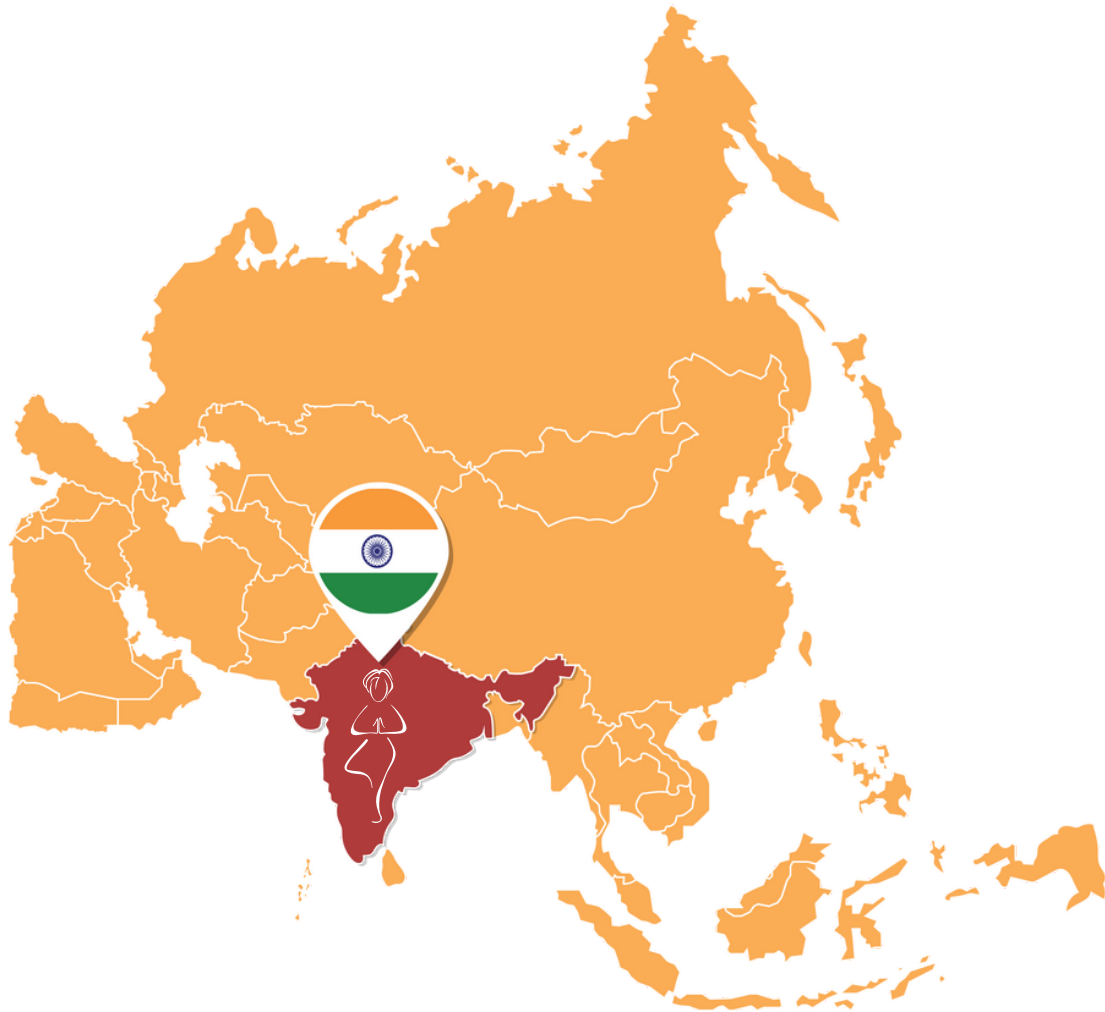


TO BECOME A YOGA TEACHER

& TO BECOME A FACE YOGA TEACHER

Including with Certification



The world has always looked towards India for Yoga centric holistic wellness. In an increasingly sedentary lifestyle-based life, the next goalpost is to make Yoga a consistent part of everyone's life.



AYUSH YOGA CERTIFICATION REGISTRATION CENTRE

STEP INTO A NEW LEVEL OF WELLNESS WITH OUR INNOVATIVE YOGA COURSE

You will learn the tools to master your physical, mental and spiritual well-being. You will see a marked improvement in your life, relationships and work. A new career avenue opens up for you where you can pass on the knowledge to others and facilitate their wellness journeys. The art of Yoga is something you can teach anywhere, no matter where you are.

Accredited and Recognized by
Govt. of India Yoga Certification Board (YCB) &
Indian Yoga Association (IYA)

With over 13,000+ successfully certified students
1000+ Personal Yoga Teacher working with us since 2005

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| Customer Care 9029966660

60, Grd Floor, Centrium, Lokhandwala, Kandivali East, Mumbai, Maharashtra 400101

YOGA TEACHER TRAINING COURSE 200HRS (YTTC)

TO BECOME A YOGA TEACHER

COVERED - LEVEL 1+LEVEL 2

(2 MONTHS)

Practical

- Yogic Sukshma Vyayama (Micro Circulation Practices).
- Yogic Sthula Vyayama (Macro Circulation Practices).
- Yogic Surya Namaskara with Mantra
- 100 Yogasana & Asana Alignment.
- Concept and Demonstration of Mudra (Yoga Mudra, Maha Mudra & Vipareetakarani Mudra)
- Preparatory Breathing Practices & Pranayama
- Concept and Demonstration of Bandha (Jalandhara Bandha, Uddiyana Bandha & Mula Bandha)
- Yoga Cleansing Techniques (Kapalbhati)
- Yogic Shat Karma (Sutra Neti, Jala Neti, Vamana Dhauti & Vatakrama)
- Prayer (Pranava, Hymns, Nishpatti Bhava & Universal prayers)
- Practices leading to Meditation and Dhyana Sadhana
- Yog Nidra & Soham
- Importance of subjective experience in daily Yoga practice.

Therapy

- Therapy of Diabetes, Cholesterol, High B.P, Low B.P, Thyroid, Indigestion, Constipation, Gases, Acidity, Acid Reflux, Sleeping disorder, Back Pain, Knee Pain, Arthritis, Parkinson, Asthma, Sciatica, Hamstring, Varicose, PCOD & PCOS.
- Yoga in prevention of metabolic and respiratory disorders.
- Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).
- Concept of stress and Yogic management of stress and its consequences.
- Flexibility, Strength, Stamina & Immune development.
- Muscle development.
- Weight Loss (Fat Burning) & Weight Gain Program.
- Brief introduction to human body and nine major systems of human body.
- Basic functions of nine major systems of human body and homeostasis.
- Introductions to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- Holistic approach of Yoga towards health and diseases.
- Knowledge of common diseases; their prevention and management by Yoga.
- Knowledge of role of Yoga in the management of non communicable diseases.
- Importance of psychosocial environment for health and wellness

Ahar (Yogic Diet)

- Rajshik, Tamasic, Sattvik Ahar
- Concept of Tridoshas, Sapta Dhatu, Agni, Vayu and Mala; their role in wellness.
- Concepts and principles of Aahara (Diet) in Hathapradipika and Bhagawadgita (Mitahara and Yuktahara).
- Concepts of Dinacharya and Ritucharya and their importance in well being.
- Importance of Ahara, Nidra and Brahmacharya in well being.

Theory

- Yoga: Etymology, definitions (Patanjala Yoga Sutra, Bhagwad Gita & Kathopanishad), aim, objectives and misconceptions.
- Yoga : Its origin, history and development.
- Guiding principles to be followed by Yoga practitioners.
- Brief Introduction to Samkhya and Yoga Darshana.
- Life sketches and teachings of Yoga masters (Maharishi Ramana, Shri Aurobindo Swami Vivekananda, Swami Dayananda Saraswati)
- Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).
- Principles of Yoga and practices of healthy living.
- Principles and Practices of Jnana Yoga.
- Principles and Practices of Bhakti Yoga.
- Principles and Practices of Karma Yoga.
- Concept and principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- Concept and principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- Concept and principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- Dhyana and its significance in health and well being.
- Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.
- Introduction to Tri Bandha and their health benefits.
- Yoga in Kathopnishad, Prashanopanisha, Tattiriyopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- Concept of Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita.
- Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam and their relationship with wellness.
- Concepts of Nadis, Prana and Pranayama for Subjective experiences.
- Study of Patanjala Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 46 - 51, III- 1 to 4).
- Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).
- Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- Introduction to Prasthanatrayee, Purushartha Chatustaya and goal of human life.
- Hatha Yoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand Samhita). Relationship between Hatha yoga and Raja Yoga.
- Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).
- Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha).
- Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.
- Salient features and contra indications of Yoga practices for well being (as per the practical syllabus of the course).

Teaching Skills (Methods of Teaching Yoga)

- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
- Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).
- Preparation for a Yoga class (before and during the class)
- Teaching methods with special reference to Yoga
- Factors influencing Yoga teaching
- Class management in Yoga: its meaning and needs.
- Conducting yoga practical lessons: Precautions & Contraindications of practices)
- Salient features of Ideal Yoga Instructor.
- Models of ideal Yoga lesson plans
- Need of teaching practice and its use in Yogic practice.
- Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation
- Methods of teaching Yoga to an individual, small group and large group
- Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation 1.7 Lesson plan: Its meaning and need
- Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group
- Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.
- Assessment of a Yoga class (detection and correction of mistakes).

Face Yoga

- Introduction to Face Yoga
- Benefits of Face Yoga
- Exercises for Sagging Skin / Anti-Aging
- Exercises to get rid of Eye Bags, Puffy Eyes & Dark Circles under the eyes
- Exercises for Wrinkles & Smoother Skin
- Exercises to treat Acne, Scars & Pigmentation
- Exercises for Double chin and a Smoother skin
- Exercises to reduce Marionette Lines, Nasolabial Folds & Smile Lines
- Exercises for a chiselled / sharpened / defined jawline
- How to use a Facial Guasha / Facial Roller?
- Lymphatic Drainage Techniques
- Seated Sukshma Vyayama & Yoga Asanas to stretch, tone the muscles, to detox & for glowing skin
- Meditative Postures & Relaxation Techniques to destress
- Poses for lifting & firming the face using a pen
- Facial Yoga Flow(s)

- Study Material as PDF

Course Fragments

2 Months -200 Hours

Choose your Comfortable time (Switchable Timings)



Mon - Fri (5AM - 7AM, 7:30AM - 9:30AM & 4PM - 6PM)

Theory and Practical Session - 2 Hrs x 5 = 10 Hrs

Sat & Sun (6:00 am to 8am)

Group Practice Session - 2 Hrs x 2 = 4 Hrs

Sun (6:00 pm to 8pm)

Business Aspects Session + Face Yoga - 2 Hrs x 1 = 2 Hrs

Self Practice

Self Practice - 2 Hrs x 7 = 14 Hrs

Mon - Fri (6AM - 8AM, 10AM - 12PM 6:00PM - 8:00PM)

Theory and Practical Session - 2 Hrs x 5 = 10 Hrs

Sat & Sun (10:00 AM to 12:00 PM)

Group Practice Session - 2 Hrs x 2 = 4 Hrs

Sun (6:00 PM to 8PM)

Business Aspects Session + Face Yoga - 2 Hrs x 1 = 2 Hrs

Self Practice

Self Practice - 2 Hrs x 7 = 14 Hrs

30 Hours / Week
30 x 8 Weeks = 240Hours

Evaluation

Mock Test & Final Exams for every section of learning

Exams includes MCQ for Theory & Practical exams (demonstration of techniques and Teaching of Yogic Practices)

Certification By

- Indian Yoga Association certificate (Global Recognition)
- Indian Yoga Association Memberships
- AVIYOG certificate & marksheet
- Face Yoga Certification
- Yoga Certification Board (Global Recognition) - Optional

Benefit of Yoga Teacher Training Course

1. **Deepen your practice:** A teacher training course allows you to explore yoga in greater depth, both physically and mentally. You'll learn new techniques and gain a deeper understanding of yoga philosophy and its benefits.
2. **Improve your teaching skills:** Whether you're an experienced yoga teacher or new to teaching, a teacher training course can help you refine your skills and develop new ones. You'll learn how to teach to different levels, how to sequence classes, and how to cue effectively.
3. **Become a certified yoga teacher:** Upon completion of a teacher training course, you'll earn a certification that qualifies you to teach yoga in studios, gyms, and other settings.
4. **Enhance your career opportunities:** Becoming a certified yoga teacher can open up a range of career opportunities, including teaching in studios, leading workshops and retreats, and even starting your own yoga business.
5. **Develop a sense of community:** A teacher training course provides the opportunity to connect with like-minded individuals who share your passion for yoga. You'll develop relationships that can last a lifetime.
6. **Personal growth:** Teacher training courses often involve a significant amount of self-reflection and personal growth. You'll learn to develop a deeper understanding of yourself and your own practice, which can have a positive impact on all aspects of your life.

“Become a Certified Yoga Teacher with Our Comprehensive Training Program”